

Onboard Computer System (???): Time Update

GMT	Crew	Activity
11:00–11:10		Morning inspection
11:10–11:40		Post-sleep
11:40–12:30		BREAKFAST
12:30–12:45		Prep for work
12:45–13:00		Daily planning conference (S-band)
13:00–15:00		Unloading/IMS audit of Progress ? 1-8
15:00–15:30		LUNCH
15:30–16:00	FE-2	IMS file prep
15:30–16:40	CDR	SPC transfer and deployment. Tagup with ground specialists (S-band)
15:30–16:00	FE-1	Life support (???) maintenance
16:00–16:15	FE-2	UF1 payload status check
16:00–16:05	FE-1	Inspection of ????-1 separator
16:25–17:25	FE-2	Physical exercise (CEVIS)
16:25–17:25	FE-1	Physical exercise (TVIS)
16:40–16:55	CDR	Private medical conference (S-band)
16:55–18:25	CDR	Physical exercise (RED+TVIS day 2)
17:25–18:25	FE-2	Physical exercise (RED)
17:25–18:25	FE-1	Physical exercise (CEVIS)
18:25–18:40		Daily planning conference (S-band)
18:40–18:45	FE-1	TEPC power cycle
18:40–19:00	CDR, FE-2	Daily plan review
18:45–19:00	FE-1	Daily plan review
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram